

Where next for identifying and supporting young carers in schools?

The event will start at 10am

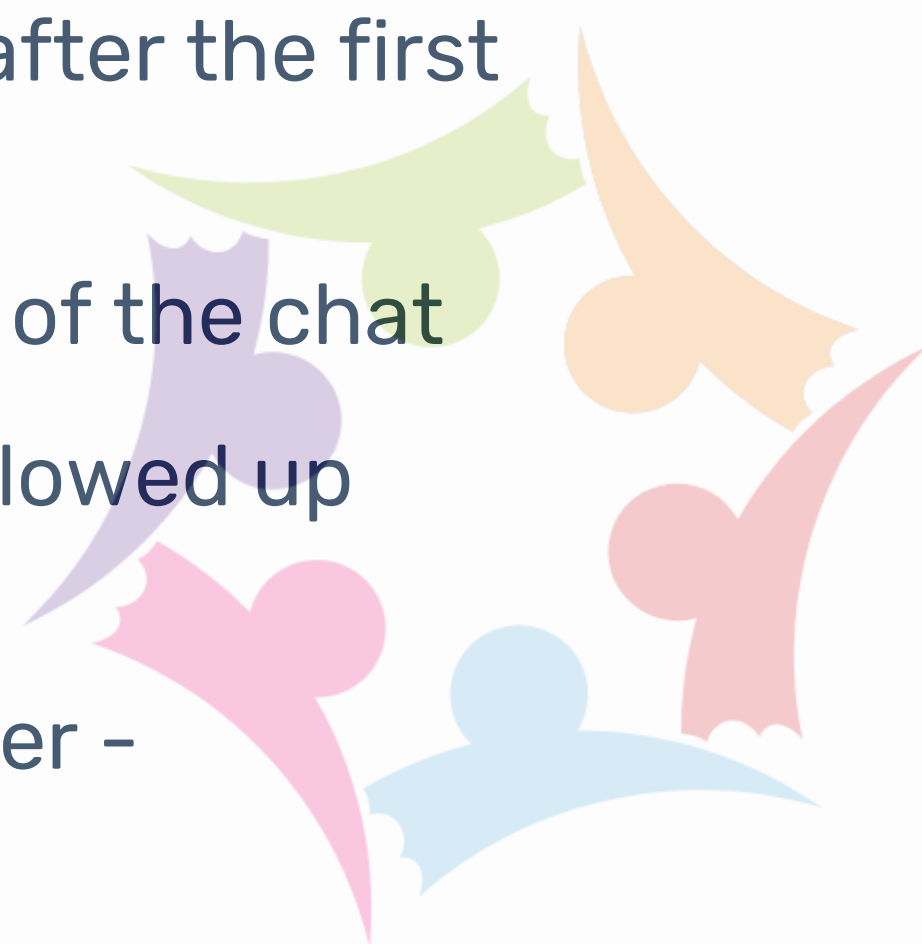
@YCAAlliance

@CarersTrust



Welcome and housekeeping

- Ensure microphones are on mute
- We will be recording the session after the first item
- Introduce yourself and make use of the chat
- Unanswered questions will be followed up after the event
- Join in the conversation on Twitter – @YCAlliance @CarersTrust



Setting the scene

- 40% either 'never' or 'not often' get help in education to help balance caring and school, college or university work
- 33% did not feel that their needs were understood either 'at all' or 'very well' by their school, college or university.
- 33% said they 'always' or 'usually' struggle to balance caring with school, college or university work

Better support in education was one of the top priorities for young carers.

And when we look past school...

- Young carers are 38% less likely to get a degree; those caring over 35 hours a week are 86% less likely

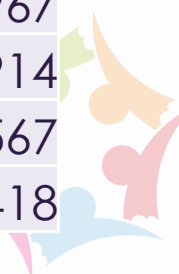


Setting the scene

- Following many years of campaigning on the issue, young carers were added to the Spring School Census return for state schools, special schools and Alternative Provision
- A total of 38,983 young carers were recorded on the school census (0.5% of the total pupil population recorded) **BUT**
- 79% of schools recorded having zero young carers and there were huge variations across the country

Number of young carers	Percentage of pupil population	Total pupil population
524	1.7	31,137
599	1.5	39,235
999	1.9	52,915
1,246	1.4	90,879
1,607	1.5	104,384

Number of young carers	Percentage of pupil population	Total pupil population
36	0.1	31,945
52	0.1	40,967
64	0.1	50,914
77	0.1	82,567
94	0.1	100,418



Setting the scene

Source	Year	Sample Size	Who was asked?	Percentage identified as young carer
City and Guilds - Youth Misspent	2022	5006	Young adults	20
Covid Social Mobility and Opportunities (COSMO) study	2022	13,787	Young people in Year 11	11
UK Household Longitudinal Study ONS	2020	2720929	Young adults aged 16-	10
BBC/University of Nottingham	2018	925	Young people	10
Youth Voice Census	2023	3400	Young people	6.1
Census (England and Wales)	2021	8,697,570	Adult completing census	1.5
The Big Ask (Children's Commissioner)	2021	557,077	Young people	1
School Census	2023	8,443,791	School	0.5
Average				8





Young Carers – A Northern Ireland perspective

Aisling Reynolds, Social Worker and Manager of Young Carers NI

Julie Farmer, Family Support Practitioner

@YCAAlliance

@CarersTrust





Action for Children Young Carers

**EVERYONE'S
RESPONSIBILITY**



Where we work



Western Trust

Derry/Londonderry

- Clooney Family Centre
- Waterside Sure Start
- Waterside Family Support Hub
- Western Early Intervention Support Service (WEISS)

County Fermanagh

- Fermanagh Family Support Hub

Omagh

- Floating Support Service
- Omagh Family Support Hub
- Early Intervention Family Support Service

Enniskillen

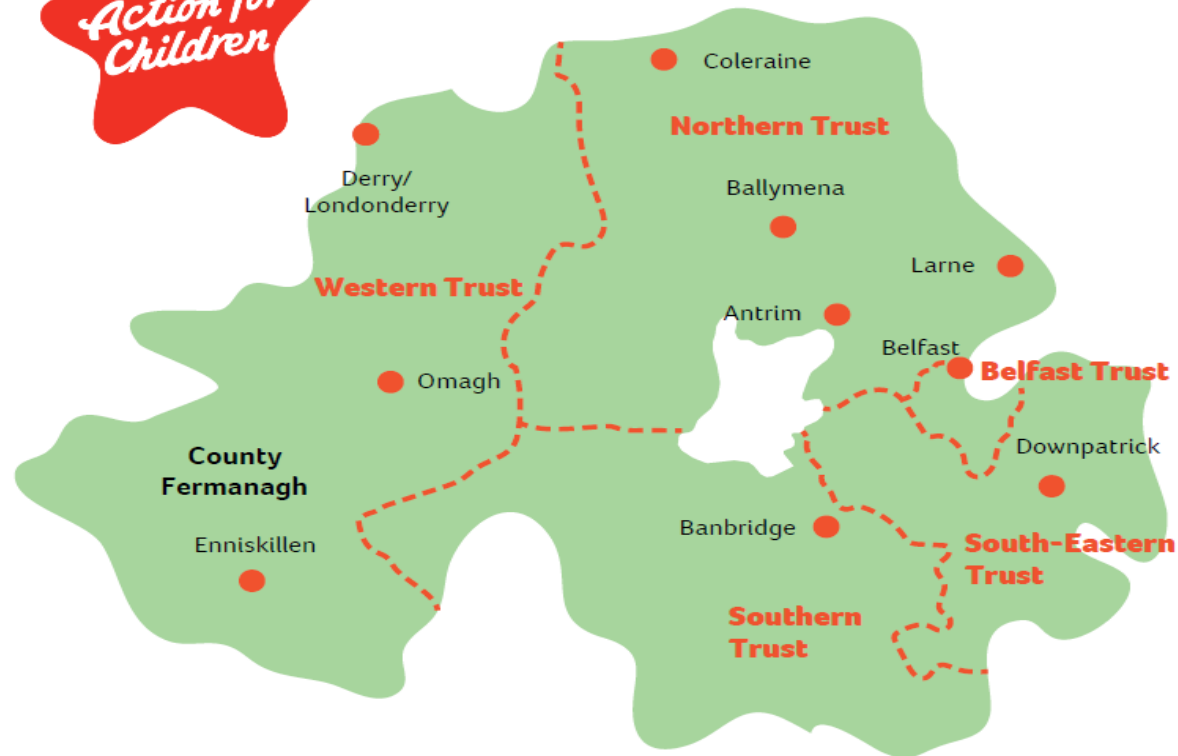
- Early Intervention Family Support Service
- Rossorry Grove Supported Accommodation
- Floating Support Service

Southern Trust

- NI Regional Young Carers

Available in all Trusts

- NI Regional Fostering Service
- Young Adult Carers



Northern Trust

- Choices Family Support
- Northern Family Support Hubs

Ballymena

- Ballymena and Little Steps Sure Start Centres
- Northern Early Intervention Support Service (NEISS)

Larne

- Northern Early Intervention Support Service (NEISS)

Antrim

- Ballymena and Little Steps Sure Start Centres

Carrickfergus

- Northern Early Intervention Support Service (NEISS)

Belfast Trust

- NI Regional Young Carers

South-Eastern Trust

- NI Regional Young Carers

Downpatrick

- Ballymote Family Project
- Ballymote Sure Start

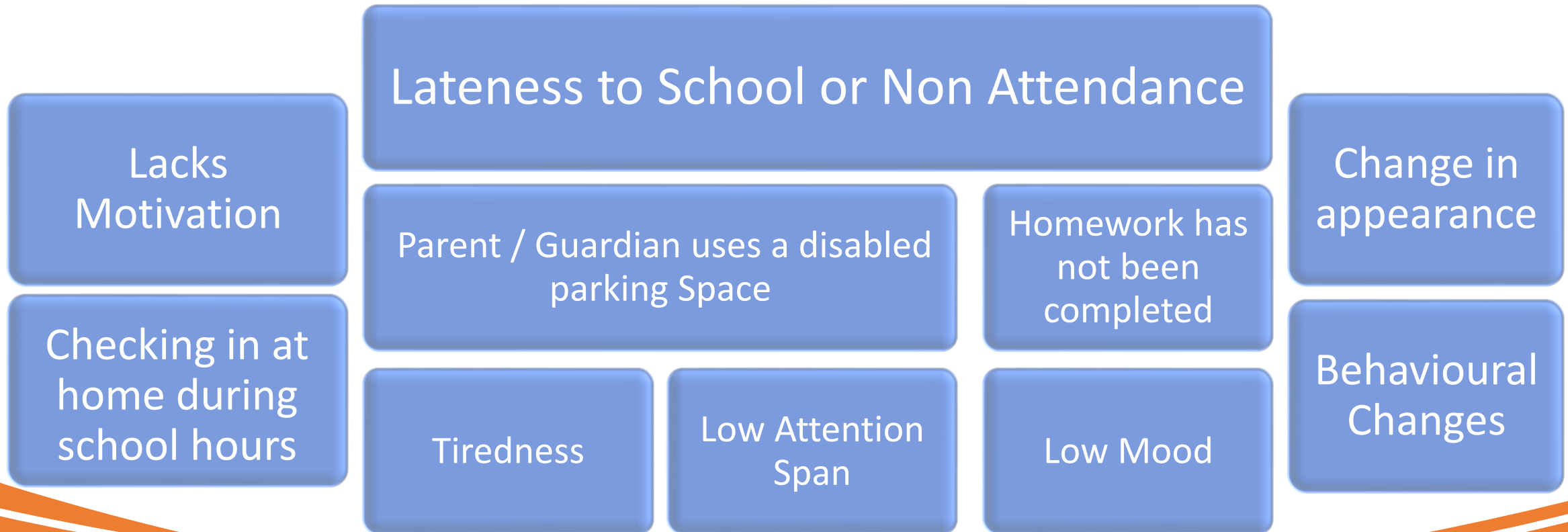
Young Carers Inclusive Group (YCIIG)

Young Carers Inclusive Group met with former Education Minister Michelle McIlveen on two occasions advocating for change within education for Young Carers.

YCIIG wanted to ensure that their past experiences in school where they felt unsupported, could be changed for young carers in the future.



Identifying A Young Carer





Homework Not Done

Many Young Carers do not have the space or the time within their households to get their homework done.

Many Young Carers live in chaotic households where they are unable to be supported with their homework from their families due to the health needs within the home



Not attending School

There are times within school that young people are unable to attend however, for young carers this could be due to their caring role.

Young Carers may be unable to attend school for several reasons:

- Unable to get a parent suffering from Mental health out of the family home
- They have been awake a lot during the night leaving them too tired to attend school



Lateness to school

Many Young Carers' days starts before school.

Young carers may be caring for a sibling who they support to get ready for their own school.

This could be supporting in making breakfast or helping their sibling getting dressed.

This could also be helping parents get out of bed or providing personal care or administering medication leaving them running late getting into school



Checking in at home

Even though a young carer is out of the family home at school they are still worrying in school about the health needs within the home and how the family are getting on when they are not about.

Having access to their phone during school break times allows them to call home and make sure everything is ok and they can continue on with their day

Young Carers in Education

Official Launch date: 26th January 2023 in Belfast and 14th March 2023 in Craigavon.

Advocating and increasing the awareness of Young Carers in Education and what support and improvements need to be made by the Education Authority.



Self Identifying A Young Carer

Potential Young Carers can self identify themselves. If a young person answers to at least 4 of the following question they may be a young carer.

I am between 8 and 18 years old

I have a family member with a physical / learning Disability or Mental health issue, addiction or life limiting illness

Do you put the needs of your family above your own?

I sometimes miss school or social events because I have to take care of a family member

I worry about my family members health before my own

I sometimes feel I have no one to talk to about my caring role

I rarely get the time to do things that I enjoy (like hanging out with my friends) because I am helping care for a family member

Sometimes I don't have the time to complete my homework because I am caring for a family member

Young Carers Inclusive Group (YCIIG)



Northern Ireland
Assembly



Young Carers Inclusive Group (YCIIG)



Northern Ireland
Assembly

Young Carers Inclusive Group on several occasions have met with MLAs to discuss being a young carer. They have also spoken to MLAs about their recommendations for change in the future for young carers.

Young Carers have been invited by several Political Parties to meet in the future to discuss further.

Young Carers Inclusive Group (YCIIG)



Young Carers Inclusive Group met with the Children's Law Centre and advocated on their behalf to have specific information regarding being a young carer and their rights within law within Northern Ireland.

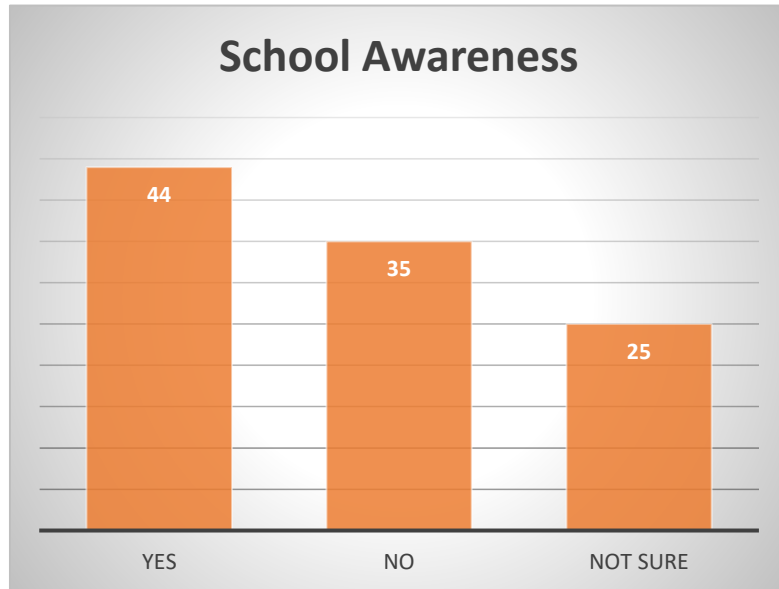
<https://childrenslawcentre.org.uk/faqsyp/tag/young-carers/>

School Survey

104 Young Carers took part in the survey

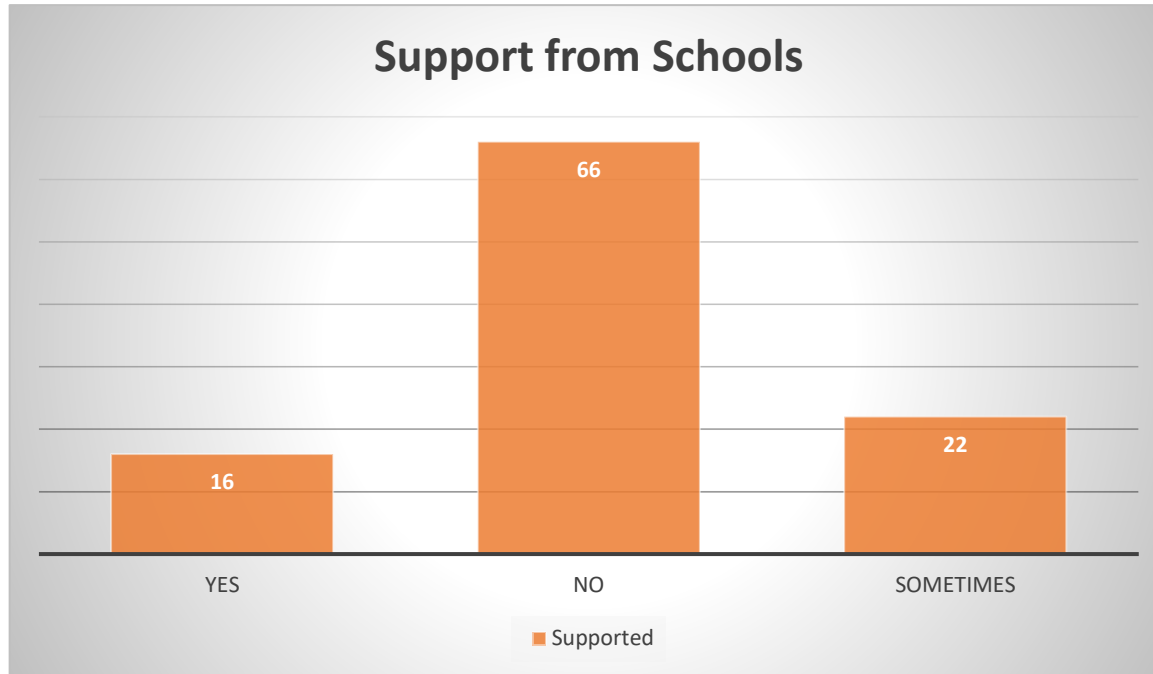
Young Carers who took part aged from 9 years old to 21 years old

42 Young Carers stated, there needs to be more Flexibility within school



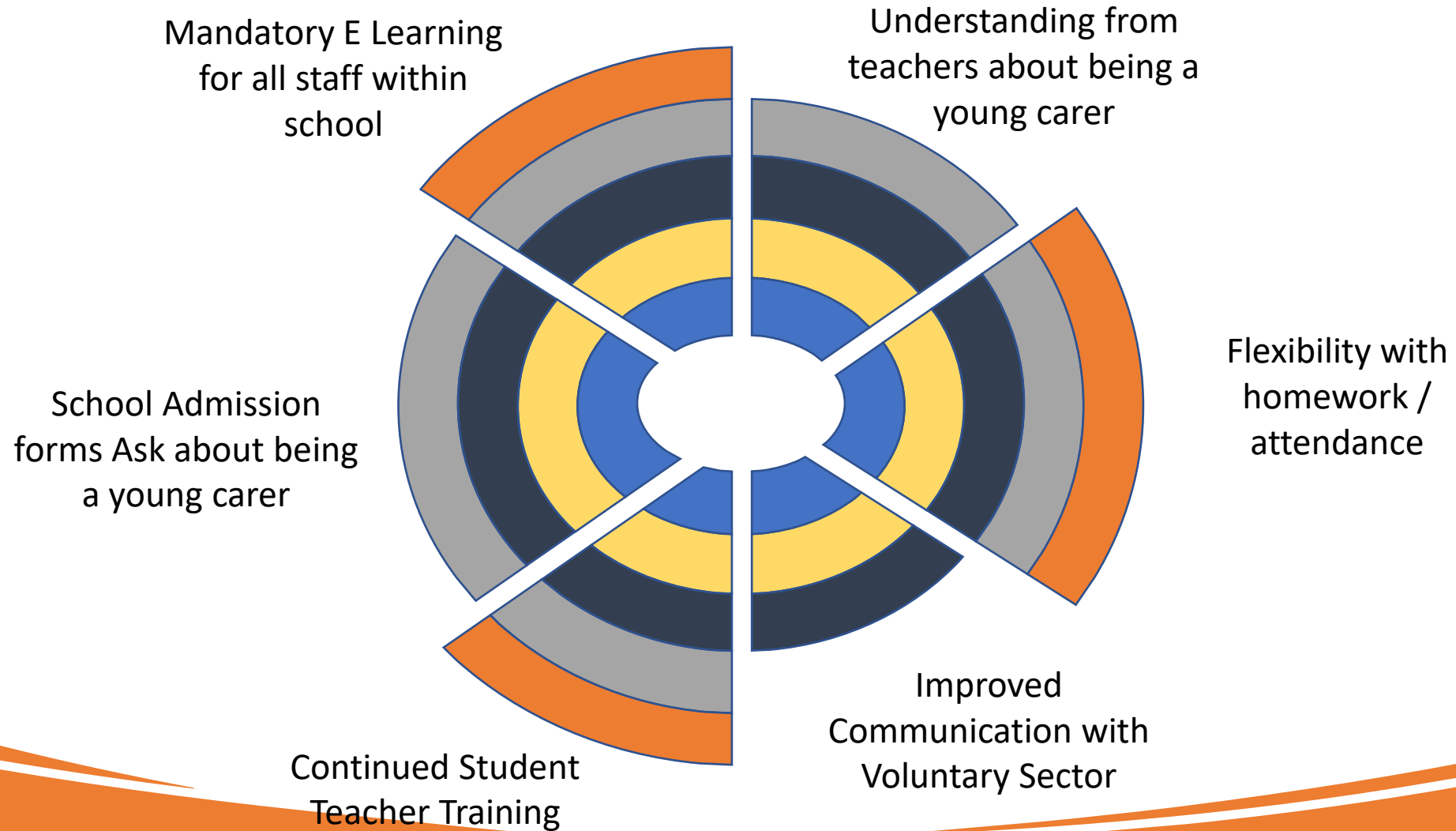
School Awareness	Number of Young People	Percentage
Yes	44	42%
No	35	33%
Not Sure	25	23%

School Survey



Supported	Number of Young People	Percentage
Yes	16	16%
No	66	64%
Sometimes	22	21%

Our Recommendations



Our Awareness Raising

- We have presented to over 300 student teachers over 2 years through Stranmillis Teaching College. This is a presentation we will continue to be involved in with Stranmillis.
- We have presented to 650 students and staff at Mercy College.
- We present to final year Nursing students from Queens University and will begin work with Queens Social Work Students in the coming year.
- We present at Social work Forums, local Community and Voluntary groups.
- We are involved in Trust Webinars and attend relevant meetings with the Trusts

Future Plans

Working with Policy changers

- January 2024
- Posters will be sent to every school in NI including Principles, Vice Principles, board of Governors and each teacher to enable them to access our research.
- The Secretary of State will write a letter advising all schools to place Posters around their school highlighting the needs to identify young carers and to reassure young carers that there are supported services in their Trust areas. Posters will be made by Young Carers in our service.
- Information will be included to signpost young carers to the appropriate service.
- An education booklet about Young Carers has been updated in conjunction with ourselves and the department will also send this to schools.
- We are actively looking at funding and/or sponsorship to develop an e-learning module for all teaching professionals to highlight the role of a young carer in education, the responsibilities they hold and the impact of their role.

We are family



Our vision

Every child and young person in the country has a safe and happy childhood and the foundations they need to thrive.



Our mission

We protect and support children and young people by:

- *Providing practical and emotional care and support.*
- *Ensuring their voices are heard.*
- *Campaigning to bring lasting improvements to their lives.*

Policy updates/opportunities

- National data expected 2024 – exclusions, attendance, attainment
- National daily attendance reporting pilot
- Outcomes for children in need report (destinations)
- School-level annual school census for independent schools
- Keeping Children Safe in Education; Working together to safeguard children
- Education Select Committee
- APPG for Young Carers and Young Adult Carers
- New Ofsted Chief Inspector



**You can help us make
the most of these
opportunities –
DATA IS KEY**



Policy opportunities

1. Attendance
2. Mental health

COSMO longitudinal study (Sutton Trust)

- 25% of young carers reported having self-harmed (compared to 17% of young people with no declared caring responsibilities)
- 17% of young carers who reported self-harming, did so in an attempt to end their life (compared to 7% of young people with no declared caring responsibilities)



**You can help us make
the most of these
opportunities –
DATA IS KEY**





Young Carers in Schools (YCiS) and the Young Carers Challenge

Adem Ruggiero-Cakir

Programme Manager (Education), Carers Trust

Michelle Gregory

Administration Officer/YCiS Co-ordinator

youngcarers@carers.org

YCiS@childrensociety.org.uk

youngcarersinschools.com



Overview of YCiS

A free initiative that makes it as easy as possible for schools to support young carers, and awards good practice.

Run jointly by Carers Trust and The Children's Society, the Young Carers in Schools (YCiS) programme works with schools across England to share good practice, provide relevant tools and training, and celebrate the great outcomes many schools achieve for young carers.



Young carers attend and enjoy school and reach their full potential.



Improve young carers' wellbeing and ensure they are better prepared for independent lives



Young carers to have the same life opportunities as other children.



Parents and carers are supported to enable their children to attend school



Enable schools to identify and support young carers.



A school culture is created which is fully accessible, and understands and respects disability and caring.



YCiS Step-by-step Guide



YCiS Award



YCiS Newsletter

CARERS TRUST



The Children's Society



YCiS Guide

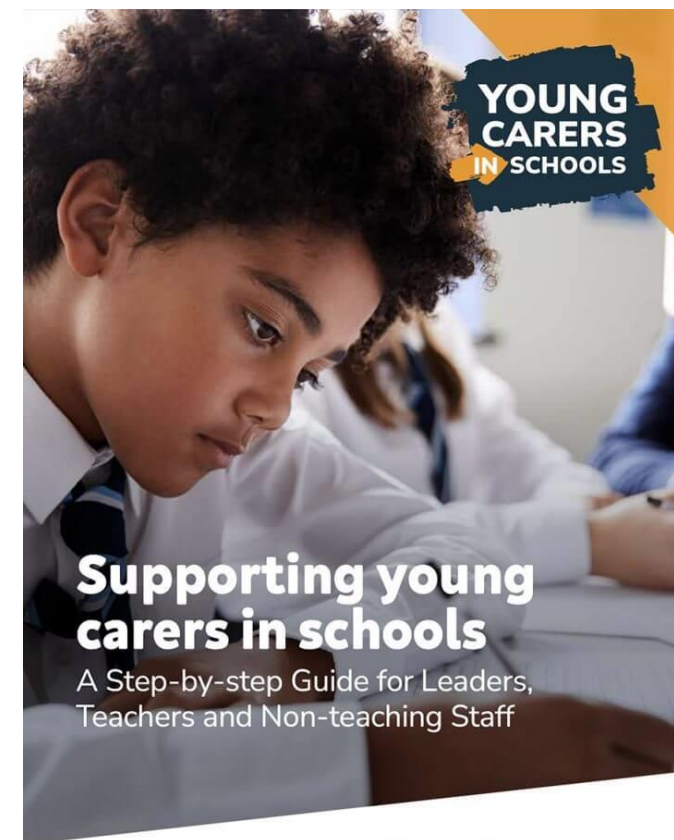
This Step-by-step Guide sets out ten key steps to make identifying and supporting young carers as easy as possible. There are 40+ tools to accompany the steps.

The Guide was written in association with teachers and school staff who understand the pressures that schools face & to ensure it is flexible and helpful as possible.

Each step is accompanied by:

- Templates
- Awareness raising materials
- Teaching resources.
- How to guides to running effective support.

The tools are available for schools to use and adapt to suit their school structure and local circumstances.



CARERS TRUST & **The Children's Society**

CARERS TRUST & **The Children's Society**

Outcomes

94%

of schools said staff were more likely to know what to do if they identified a young carer

94%

had a better understanding of the support required for young carers

83%

of young carers demonstrated increasing happiness

72%

of schools thought young carers motivation to learn had improved

83%

of young carers demonstrated an increase in confidence

63%

reported improvements in young carers' achievements

[See more from the independent evaluation](#)



The Young Carers in Schools Award

The Five Pillars



1. UNDERSTAND

There are assigned members of staff with responsibility for understanding and addressing young carers needs



2. INFORM

Raising awareness of young carers and disabilities through both staff, governors and students to reduce stigma



3. IDENTIFY

All school staff know how to identify and signpost young carers within the school



4. LISTEN

They are listened to, consulted with and given time and space to talk



5. SUPPORT

Young carers are supported within the school, and signposted to whole family resources and services outside the school



The current Award



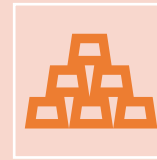
Bronze, Silver, Gold



No time limit to holding the award



Little distinction between Primary, Secondary and Further Education in criteria

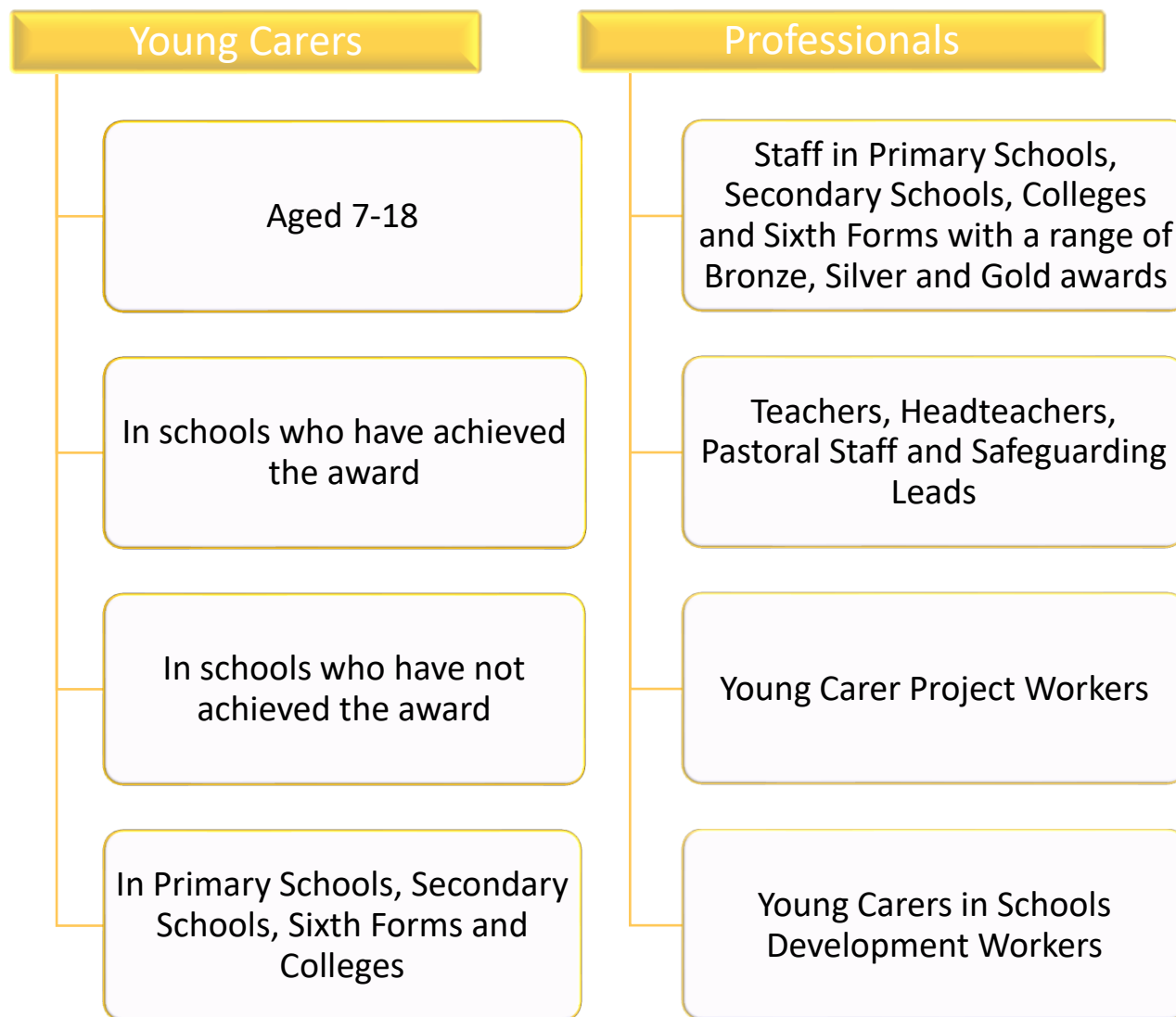


541 have achieved Bronze, 66 Silver and 23 Gold

"We went from knowing 3 or 4 young carers in the school to now having identified 70"



Consultation Process



- During our consultation process we spoke to 42 young carers and 40 professionals.

- We asked questions about the award's structure, evidencing, what young carers felt was helpful and necessary for them in school and how the award could be more appealing and achievable for schools.



Consultation Findings

- Designated Schools Workers told us that it was difficult to encourage schools to progress to the Silver and Gold.
- Would be easier to have an online submission system
- Specify in criteria allowances or advice for Primary, Secondary and Further Education
- Currently no time limit for holding the award
- A mixture of online and physical resources seemed popular with most school staff
- Young carers told us that they gain information from noticeboards, their teachers, lessons and assemblies.
- All young carers told us they benefited from having a Young Carers Group at school and having drop in sessions.
- All teachers we spoke to told us how beneficial teacher training had been in effectively identifying and supporting young carers.
- Young carers told us that schools should communicate with each other when young carers are transferring schools.
- Most young carers we spoke to were only identified when they were in secondary school.
- Monitoring young carers is now a necessary part of providing support, being required for the schools census.

I don't know if my School know I am a YC I've moved School so many times and I don't know if they asked me or not.

Listening
Take a young carer out of class like a session one every week so they can talk about their experience and let out emotions

My school does know I'm a YC but they don't do anything about it.



Next steps

The new award will be launched late January with the first submission date being 9th February 2024

The new submission dates will then be:

- 29th March
- 26th May
- 23rd July

The Young Carers Challenge



Have a **Young Carers Champion** in school so that every young carer has a trusted adult in school they can go to if things are difficult, or they need more support.



Raise awareness of young carers with staff and pupils to help ensure young carers are identified and they know what support is available.



Have a **young carers agreement / policy** (ideally designed with young carers) so that every young carer knows what support is available to them in their school.



Ensure **young carers are correctly identified** in their school pupil information system, monitor indicators such as attendance and attainment alongside other potentially vulnerable groups of pupils and include young carers within enrolment/transitions processes.



Have **linked in with their local young carer service** so they know what support is available for young carers outside of school.



Why participate in the Young Carers Challenge?

- 2023 is a landmark year for young carers in schools... but so much still needs to be done to make sure every young carer has the support they need to thrive in education and have the same opportunities as other young people
- Young carers regularly tell us that one of their top priorities is better support and recognition in school
- Adopting the 5 actions supports schools to prepare for the next school census submission in January, but also helps to ensure a whole-school approach to identification and support for young carers
- **Find out more and sign-up to the Challenge:**
youngcarersinschools.com/young-carers-challenge



Young Carers Challenge Webinars



The role of a Young Carers Champion & raising awareness with staff and pupils

Thursday 5th October
1400 - 1500



Creating a young carers policy/supporting young carers

Wednesday 8th November
1000 - 1100
(Including young carer's rights and linking with your local young carers service)



Using data in relation to young carers

Date to be confirmed

Find out more and sign-up to the webinars:
youngcarersinschools.com/young-carers-challenge

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**The
Children's
Society**



Thank you

Adem Ruggiero-Cakir

Programme Manager (Education), Carers Trust

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**The
Children's
Society**

Q&A



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Comfort break

We will resume at 11:30am

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Comfort break

We will resume at 3:45pm

@YCAlliance

@CarersTrust



Practice Example - Nottinghamshire Carers Association

**Andy Tomkins, School Liaison
Bassetlaw**

**Matthew Bird, Education liaison and
Team Leader**

@YCAAlliance

@CarersTrust





Nottinghamshire
Carers
Association

Young Carers in Education From Schools to Trusts

2019

Our beginnings



Young Carers Leads in Schools is a Nottinghamshire County Council initiative that helps equip schools to identify and support young carers in their educational setting–

Working with Schools

Why are many Young Carers hidden ?

How do schools identify young carers?

- Worried about being different
- No one's asked them
- Don't want anyone to know
- Caring is normal to them
- Worried about what will happen if other services get involved



Impact on education

Young carers have significantly lower educational attainment at GCSE level – the grade difference between nine 5's and nine 4's .

Young carers are more likely than the national average not to be in education, employment or training (NEET) between 16 and 19 .

A quarter of young carers said they were bullied at school because of their caring role .

on average there are
48
school days missed
as a result of a young
person's caring role

Staff

Train School Lead

Train staff to raise awareness

Communicate clearly with both other staff and Young Carers

Students

Raise awareness amongst students

Assemblies and PSHE lessons

Publicise awareness through displays and bulletins

Young Carers

Make aware of School Lead and point of contact

Provide self-referral opportunities within school

Have a safe space and run support groups e.g. Lunch clubs

Whole School

Include Young Carers as a key group in school policies

Refer Young Carers to other services where applicable

Work with feeder schools to manage transitions

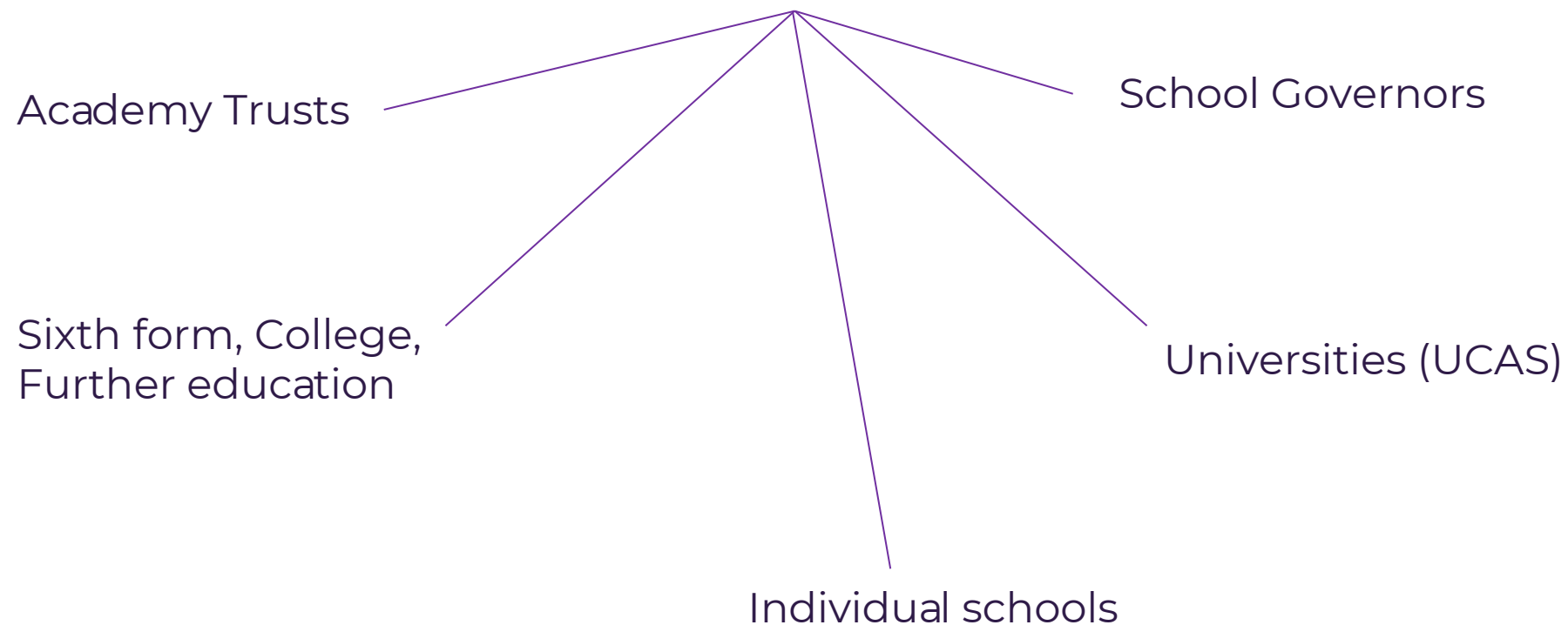
2022

Going Forward

Educating the Educators



Where next ?



Working with Schools

Where next for supporting young carers in schools?

How do staff identify young carers?

- Worried about being different
- No one's asked them
- Don't want anyone to know
- Caring is normal to them
- Worried about what will happen if other services get involved



Impact of Young carer Training:

The challenges and what was implemented.



Nottinghamshire
Carers
Association

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www.nottinghamshirecarers.co.uk

Carers in Education Case Study - Collaborative Working between Nottinghamshire Carers Association (NCA) and our partners



Retford Oaks Academy, Active Notts & Nottinghamshire Carer Association

Retford Oaks Academy (ROA) is an average sized secondary school with 1100+ students in years 7-13. The Academy has numerous feeder primary schools and a number of primary schools which are outside the schools catchment and is part of the Diverse Academy Trust.

Active Notts work with partners to empower people to be active in a way that works for them and are funded by Sport England, along with the local authorities within Nottinghamshire to support this work.

The Challenge

The challenge was in identifying young carers within the Academy. Introducing support designed and supported by Active Notts, ROA and NCA to these young carers to provide opportunities to be active in their daily lives.

With a collaborative approach how can we best provide the support that young carers want and need?

Actions in Support of Young Carers

Actions in Support of Young Carers - The priority was to give the young carers a voice to afford them the opportunity to design their own program. Continue the strong links within ROA and the young carers with a view to being a best practice partnership/collaborative working template for other projects across the Nottinghamshire.

The Solution & Impact

Working closely together the Retford Oaks young carers lead, The PE and School Games Organiser for Bassetlaw, The Young People lead for Active Notts and the Education Liaison lead for Bassetlaw have:

- Met and discussed planning to effect the best support of young carers to remain or get active.
- Staffing issues and support have been discussed and planned to be a working module.
- Identified a number of young carers who would be interested in such a project.
- The school games organiser and young people lead for Active Notts met and discussed with a number of young carers.
 - i) What being active meant to them?
 - ii) What they did currently to be active? what activities?
 - iii) What activities they would like to participate in?
 - iv) What barriers are there to being active as a young carer?
- Further meeting between organisation leads to discuss findings from carers responses. Agreement to further broaden the size of the group being offered the provision via other secondary schools.

Next Steps

The collaborative working team have a target date of half term 4 (April-May) to begin the 'Keeping Young Carers Active' support program.

Feedback

We are very excited to be moving forward with this project working with our partners Retford Oaks Academy, Active Notts and of course our young carers.

Mr Andy Tomkins - Nottinghamshire Young Carers - Education Liaison Bassetlaw



Where the work has led

Raising awareness in health



GP's, PCN's (Primary Care Networks), Healthy Families Teams, ICB, Health and wellbeing partnerships, Family Hubs

Raising awareness in the community



Training offered to local community groups, Libraries, Leisure Centres, Police, Youth services. Active Notts.





Nottinghamshire
Carers
Association

Education Liaison:

Matthew Bird matthew.bird@nottinghamshirecarers.co.uk

Andy Tomkins: andrew.tomkins@nottinghamshirecarers.co.uk



Practice examples – MYTIME Young Carers

Dan Morris
Head of Level Up

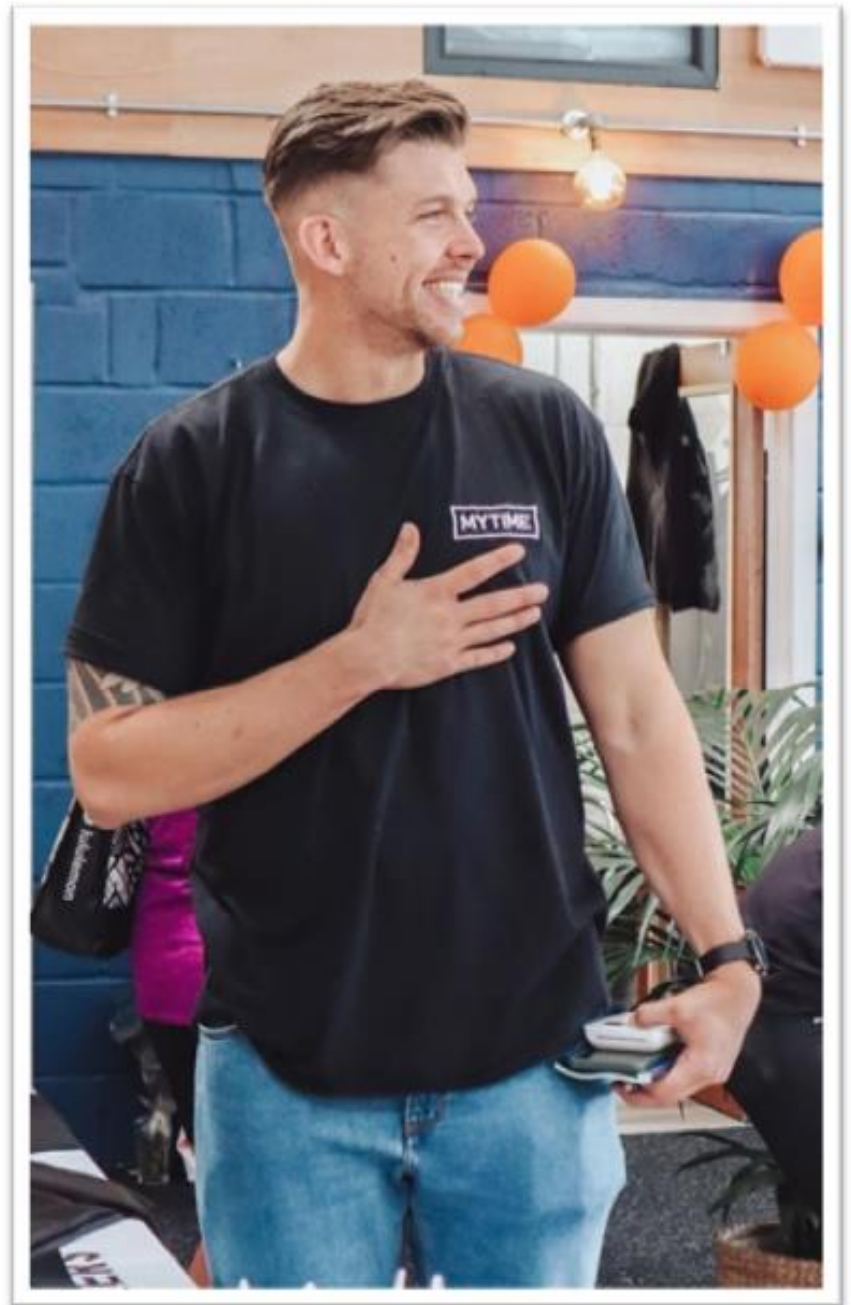
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@CarersTrust



MYTIME Young Carers

- ▷ Dan Morris
- ▷ Head of Level Up
- ▷ Primary Senior Leader
- ▷ Young Carer
- ▷ Our 3 core programmes:
 - ▷ Level Up & The Level Up Academy
 - ▷ Employability
 - ▷ Making Memories



Level Up and The Academy

- ▷ 170+ schools across BCP, Dorset & Isle of Wight
- ▷ Theory-based methodologies and programmes
- ▷ Young carer voice driven
- ▷ 4 core principles
 - ▷ Policy & Guidance
 - ▷ CPD & Training
 - ▷ Assemblies & PSHE
 - ▷ On-going support
- ▷ Bespoke support for schools

Bournemouth,
Christchurch
and Poole have
the highest %
of recognised
young carers

Our Schools

- ▷ The Blandford School
- ▷ 1600 strong secondary school
- ▷ 1 identified young carer to 40+

What support is in place?

- ▷ Regular 1:1 drop in
- ▷ Dedicated Young Carer Champion
- ▷ Organised young carer opportunities
- ▷ Young carer initiated flexible approaches
- ▷ Level Up Programme support
- ▷ Employability



Our Schools

- ▷ Bishop Aldhelm's Primary
- ▷ Fifth most deprived area of BCP
- ▷ 30 young carers

What support is in place?

- ▷ Regular young carer groups
- ▷ Dedicated Young Carer Champions
- ▷ Level Up Programme
- ▷ Parental support & engagement
- ▷ Consistency & clarity



Our Schools

- ▷ TEACH Trust
- ▷ Two infant and two junior schools
- ▷ More than 70 young carers

What support is in place?

- ▷ Regular young carer groups
- ▷ Dedicated Young Carer Champions
- ▷ Level Up Programme
- ▷ Consistency & clarity in approach



Our Schools

- ▷ Puddletown St Mary's Middle
- ▷ Smaller, rural school
- ▷ Young carer voice driver

Our Schools

- ▷ Magna Academy
- ▷ Large secondary school
- ▷ Dedicated vulnerable student space which young carers can access support



Support on offer

In Dorset: Level Up Programme

External: The Level Up Academy

The Level Up Academy Approach

Schools are busy. Our team of ex-teachers know this. The Level Up team produce everything for schools. We want to make support easily accessible for young carers by supporting schools as much as possible.

How does it work?

Schools embark on a journey of support at their own speed. Our aim is to empower schools to make a difference for young carers.

We support schools to build provision which fits their school's context. There is no one-size-fits all approach.

Supports other programmes such as YCIS award.



▶ dan@mytimeyoungcarers.org ◀





Practice example – Imago Community

Jo Rickword
Workforce Development and CYP Hub
Manager

@YCAlliance

@CarersTrust



Q&A/Discussion



@YCAAlliance

@CarersTrust



Thank you



To find out more about the Young Carers Alliance or become a member/subscribe to updates



www.youngcarersalliance.org



youngcarersalliance@carers.org



[@YCAAlliance](https://twitter.com/YCAAlliance)

Upcoming Young Carers Alliance webinar

[Young Carers Alliance \(hosted by Carers Trust\) Events | Eventbrite](#)

Tuesday 28 November, 10am-1pm – Young carers – a health perspective